

Holdsworth House Medical Practice  
Suite 3, Level 1  
32A Oxford Street  
DARLINGHURST NSW 2010

Centre for Digestive Diseases  
Level 1, 229 Great North Road  
FIVE DOCK NSW 2046  
(Enter only via rear entrance at 44 East Street)

The Mosman Practice  
393 Military Road  
MOSMAN NSW 2088

## PATIENT

Name .....

Contact Phone .....

## REFERRING DOCTOR

Name .....

Address .....

..... Post Code .....

Phone ..... Fax .....

Signature ..... Date .....

Copy results to .....

## BREATH TEST

Lactulose **Date** .....  
(Compulsory control test)

Lactose **Date** .....

Fructose **Date** .....

Sorbitol **Date** .....

Sucrose **Date** .....

Glucose **Date** .....  
(for bacterial overgrowth)

**All tests start at 9am**

## CLINICAL DETAILS

Excessive wind

Irritable Bowel Syndrome

Diarrhoea

Abdominal bloating

Abdominal pain

Coeliac disease

?Small Bowel Bacterial Overgrowth

Inflammatory Bowel Disease

Other .....

## **PATIENT INFORMATION**

A Hydrogen/Methane breath test is a painless and non-invasive test which helps to diagnose the following gastrointestinal disorders.

- Lactose** - Lactose malabsorption (lactase deficiency)
- Fructose\*** - Fructose malabsorption
- Glucose** - Small Bowel Bacterial Overgrowth
- Sucrose\*** - Sucrose malabsorption (sucrase-isomaltase deficiency)
- Sorbitol** - Sorbitol malabsorption
- Lactulose** - Compulsory control test to assess for hydrogen production.

### **Each test:**

- Starts at 9am and takes up to 3hrs. Late arrivals may be refused testing or may have to reschedule
- Needs to be done on a separate day
- Requires pre-test preparations - see "Test Preparation"

### **Costs:**

- All tests are payable on the day by EFTPOS, Visa, Mastercard or Bankcard. There is no Medicare rebate.

All tests are safe in children and pregnancy. If your child is under 35kg in bodyweight, please advise booking staff of approximate bodyweight. For diabetics (including women with gestational diabetes) please consult your Dr on how to best manage your diabetes during the test.

(\* Fructose and Sucrose tests not suitable for patients with diagnosed or suspected Hereditary Fructose Intolerance)

## **CONTACT DETAILS**



**1300 624 771**

**Website:** [www.gastrolab.com.au](http://www.gastrolab.com.au)

**Email:** [enquiries@gastrolab.com.au](mailto:enquiries@gastrolab.com.au)

**Fax:** (03) 9331 4198

## **TEST PREPARATION**

You must follow these instructions before each test to ensure accurate and reliable results. This will be verified on the day in order for your test to proceed. Patients who do not follow these instructions may be refused testing or may have to reschedule.

### **4 weeks before your test:**

- ✗ **NO Oral Antibiotics.** Skin creams, eye and ear drops are OK.
- ✗ **NO Probiotic Supplements** containing *Lactobacillus*, *Bifidus*, or *Acidophilus* bacteria (eg. Inner Health Plus, IBS Support, ProFlora). Yoghurts and Yakult are OK.
- ✗ **NO Colonoscopy or Barium Meal Enema** procedures.

### **1 full day before your test:**

- ✗ **NO Milk and Dairy Products.** Lactose-free milk (eg. Zymil®), soy milk, and rice milk are OK.
- ✗ **NO Canned Fruit and Honey.**
- ✗ **NO High Fibre Foods** (eg. wholegrain cereals and breads, beans, bran, oats) **and Fibre Supplements** (eg. Metamucil®).
- ✗ **NO Fruit Juice, Soft Drinks, Sports Drinks and Alcohol.**
- ✗ **NO Laxatives.**

We recommend a meal containing rice and meat the evening before your test (or rice and vegetables for vegetarians).

### **All other foods and medications can be eaten as normal**

A sample meal plan is available on our website.

### **FAST from 9pm the night before test:**

You may continue to drink plain water leading up to the test.

### **On the morning of your test:**

- ✗ **NO Smoking and Continue to Fast.** Brush your teeth thoroughly with water only (no toothpaste). Continue to take your normal medication with plain water. Refrain from physical exercise for 1 hour before your test. You may wish to bring reading material to occupy your time.